



Climbing the Mountain

Paul Stoller, Mitchell Stoller

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Climbing The Mountain is a user's guide to the cancer experience. In it, the authors present a narrative of a cancer patient who used preparation (research), practice (exercise and activity), and a variety of social supports to live well within the parameters that cancer imposes. They consider how the scope and texture of preparation, practice, and social support changes along cancer's trail. Accordingly, they consider how to cope with the stresses and strains of diagnosis, first treatment, short-term remission, second treatment, long-term remission, and palliative care. In all the chapters, the authors highlight the important relationship among exercise, activity, and well-being.

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